1A

SOME

OBSERVATIONS

ON THE

ORIGIN AND PROGRESS

OF THE

ATRABILIOUS CONSTITUTION AND GOUT.

Chap. IV. containing the regular, cardinal Fit.

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MDCCLXXXI.

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Quandoquidem vir præſtantiſſime, vita in bono publico occupata, viæque aſperæ virtutis te delectant; hominem pro viribus laborantem, & ſpicas colligentem, in eodem arvo, quo tu magnas condidiſti meſſas, inveniſſe placuit.

Hunc pro voluntate laudaſti; tuis epiſtolis animaſti; exemplo excitaſti; obſervationibus egregiis edocuiſti; & ejus nomen denique immortale reddidiſti, monumento ære perenniore, auroque ſibi chariore *.

* Vid. *Diſſert. de Phrenit. Doctori* Grant *dedicat.*

Accipe

DEDICATIO.

Accipe igitur gratias debitas, quas tibi agit amicus tuus agnitus, eo animo, quem tu concipere, quamvis nemo verbis exprimere queat.

Si qua fides, beatos res infimas inſpicere, mutuam noſtram amicitiam, ab ipſo fatam, chariſſimo eheu! noſtro Caufmanno, gratam fore, haud dubites.

Parvam hanc diſſertationem de podagra, in uſum amicorum conſcriptam, recognitionis publicum teſtimonium tibi conſecro.

Deeſt adhuc capitulum, de podagra ſcilicet complicata & anomala; quod, Deo volente, inſequente anno, tibi tranſmittere mens eſt.

Sis interim ſemperque ſalvus, vir præſtantiſſime, et me erga aſſuetam conſervas benevolentiam quæſo. Vale.

Londini,
Dec. 20, 1780.

CHAP. IV.

Cardinal Fit of regular Gout.

HAVING thus conſidered the origin of the Gout, the means of preventing it in young people, and the ſimple method of curing it in conſtitutions not much habituated to it, nor broken by age or infirmity; I now come to conſider the regular gout, of long ſtanding, whether hereditary or contracted, *i. e.* the inveterate gout.

A man in this ſituation is never, for any conſiderable length of time, without ſome complaint; not, at all times, owing to the gout alone, becauſe he is liable to many other diſeaſes in common with the reſt of mankind.

The gout, however, for the moſt part, increaſes the complaint, and is often the only diſeaſe; for as he advances in life, it becomes more and more frequent, till at length he hardly paſſes a day without ſome uneaſineſs, from the gout, with or without any addition from other diſtempers.

To communicate what I know of this matter, ſo as to be well underſtood by a perſon of leſs experience than myſelf, it is neceſſary that I ſhould firſt conſider the ſimple gout, in a ſubject in other reſpects healthy; on purpoſe to aſcertain all the ſymptoms which do belong to, and are produced by, ſimple gouty matter alone, when formed, and floating in the conſtitution, long before the formation of a real fit: then the ſymptoms, or *terrentia*, which immediately precede the formed fit: and laſtly, the ſymptoms peculiar to the real formed fit; eſpecially thoſe by which it is diſtinguiſhed from every other ſpecies of the atrabilious conſtitution; to which great attention muſt be paid.

For the various *ſpecies* of the atrabilious *genus* have many ſymptoms in common, as flowing, originally, from the ſame fountain; but each has ſome peculiar ſymptoms, by which it is diſtinguiſhed from all the others, and from which it takes its proper name.

In like manner, all the atrabilious diſeaſes require a regimen, nearly ſimilar, during the interval of the fits, to alter the atrabilious conſtitution which gives riſe to them all; but each requires a ſpecial method of cure, peculiarly adapted to the organ on which

which the fluxion falls after the fit is formed. Thus, *e. g.* the piles require a treatment different from a fit of the gout; and ſo of the others.

SECTION I.

Symptoms indicating a gouty Conſtitution.

BESIDES the *peripneumonia notha*, the piles, *guttæ roſaceæ*, and *melancholia*, already mentioned, there are ſome other ſymptoms which indicate a diſpoſition to the gout, and which are always radically cured by a formed fit of gout.

I have very often been conſulted for a ſharp, and very troubleſome pain at the pit of the ſtomach, not unlike that pain which characteriſes the *typhus* of July and the Dog-days; already diſcuſſed in my Obſervations on the putrid Fever of that ſeaſon of the year.

This pain however is eaſily diſtinguiſhed from the *typhus*, becauſe it is accompanied with, *hardly*, any fever; the pulſe is not very quick; the tongue is not very foul; the appetite for food is not quite loſt; and it often remits, ſometimes intermits. Vomiting and purging do not remove this pain, as they do that of the *typhus*; but it

is relieved by heating remedies, ſuch as the tinctures of guaiacum, the conſerve of aron root and ſcurvy graſs, and the waters of Bath: or the aromatic tincture with ſteel wine. I have often met with a complaint of the ſame nature in the bowels, which has been miſtaken for, and long treated as a bilious complaint, gall-ſtones, &c. unſucceſsfully; and ſuddenly cured by a formed fit of gout.

In ſeven gouty patients I have met with a *dyſuria*, or ſtoppage of water, which required the conſtant application of bougies; and in four caſes, at different times I attended men of a gouty habit, for a ſpecies of coloured gleet, or gonorrhæa, which I was not able to cure.

In all theſe caſes, the deobſtruent gums, and the aperient balſamics gave relief; but the radical cure was performed, of a ſudden, by a formed fit of gout. Hence I ſay of the gout, as Boerhaave did of the ague; if I knew how to bring it on at pleaſure, as well as I know how to moderate the violence of it, I ſhould be able to cure many difficult diſeaſes.

SECTION

SECTION II.

Terrentia; or Symptoms immediately preceding a Fit of Gout.

FOR the detail of the ſymptoms preceding, or attending a regular and ſimple gout, there is no Author equal to Sydenham; I will therefore take him for my text-book, and occaſionally introduce my own obſervations, in *Italic characters*, as often as they are mixed with his text.

My meaning is to confine myſelf to facts, and the uſeful parts of medicine; carefully avoiding all oſtentation of learning, and matters of opinion. Indeed, to ſpeak freely, except Sydenham, and thoſe who have copied after him, there is no Author coincides with my Obſervations; in general I think their conjectures vague, and their practice not void of danger.

Now although my intention is to be as explicit as may be, yet I fear the intricacy of the ſubject will oblige me to uſe a more technical language than was required in the three former Chapters; and that the following Sheets may, for that reaſon, be more adapted to, and better underſtood by, medical practitioners, than by the generality

of gouty patients, although I take this trouble chiefly for the benefit of the latter.

But to bring it down to their level, I will divide the whole into as many ſhort ſections as there is variety of matter, to prevent confuſion.

The following ſymptoms always precede a regular fit of ſimple gout, for ſome time before the real paroxyſm. Vid. Syd. by Swan, p. 465, ſection 5. "The patient is "firſt afflicted with a bad digeſtion, crudities "of the ſtomach, much flatulency and hea- "vineſs, that gradually increaſe for ſome "weeks. 2. Then begins a numbneſs of the "thighs, and a ſort of deſcent of flatulencies "through the fleſhy parts thereof, along "with convulſive motions, or *cramp* of the "legs. 3. All theſe complaints abate ſud- "denly, the appetite becomes ſharp, and "even preternatural."

The firſt ſet of ſymptoms here mentioned, are the harbingers, or *terrentia* of every atrabilious fluxion: The ſecond ſet, that is, the ſhooting pains, and nervous twitches, &c. indicate the organ to which nature ſeems diſpoſed to determine the fluxion. Thus, before the peripneumonia notha they are felt in the thorax; before an atrabilious diarrhœa they are felt in the abdomen; and before a ſevere fit of piles they are felt in the pelvis or podex; and before a fit of

gout

gout they are felt in the thighs and legs, or ſhoulders and arms: The third, or ſudden abatement of all the preceding ſymptoms, or what Sydenham calls *ſun-ſhine before a ſtorm*, is common in the gout, but not peculiar to it; it is that remiſſion which ſucceeds partial coction immediately before critical eruptions; but is more perceptible, and of longer duration in atrabilious caſes, which are always ſlow in their progreſs, compared to the truly acute diſeaſes.

SECTION III.

Symptoms attending the formed Paroxyſm.

"1. DURING the time of this remiſ-
" ſion, the patient eats and drinks heartily,
" goes to bed in good ſpirits, and ſleeps
" quietly till about two in the morning,
" when he is awakened by pain, which
" uſually ſeizes the great toe, but ſome-
" times the heel, the calf of the leg, or
" ancle.

" This pain reſembles that of a diſlocated
" bone, and is attended with a ſenſation as
" if water, juſt warm, was poured upon
" the membranes of the part affected; and
" theſe ſymptoms are immediately ſuc-

" ceeded by a chillineſs, ſhivering, and
" ſlight fever.

" 2. The chillineſs and ſhivering abate,
" in proportion as the pain increaſes,
" which is mild in the beginning, but
" grows gradually more violent every hour,
" and comes to its height towards evening;
" adapting itſelf to the numerous bones of
" the *tarſus* and *metatarſus*, the ligaments
" whereof it chiefly affects; ſometimes re-
" ſembling the gnawing of a dog, ſome-
" times a weight and conſtruction of the
" membranes of the parts affected which
" become ſo exquiſitely painful as not to
" endure the weight of the clothes, nor the
" ſhaking of the room from a perſon's
" walking briſkly therein.

" Hence the night is not only paſſed in
" pain, but likewiſe with a reſtleſs removal
" of the part affected from one place to an-
" other, and a continual change of its po-
" ſition. Nor does the perpetual reſtleſſneſs
" of the whole body, which always accom-
" panies the fit, eſpecially in the beginning,
" fall ſhort of the agitation and pain of the
" gouty limb: Hence numberleſs fruitleſs
" endeavours are uſed to eaſe the pain, by
" continually changing the ſituation of the
" body and the part affected, which, not-
" withſtanding, abates not till two or three

" in

" in the morning ; that is, till after twenty-
" four hours from the firſt approach of the
" *real* fit.

" 3. Then the patient is ſuddenly re-
" lieved, by means of a moderate digeſtion,
" and ſome diſſipation of the peccant mat-
" ter ; though he falſely judges the eaſe to
" proceed from the laſt poſition of the part
" affected : And being now in a breathing
" ſweat, he falls aſleep ; and on waking
" finds the pain much abated, the part af-
" fected ſwelled, *and covered with a fluſh*
" *of redneſs like paint ;* whereas, in the be-
" ginning of the fit, there was no *redneſs*
" nor ſwelling, except of the veins, *which*
" *ſeem ready to burſt as ſoon as the gouty*
" *pains begin, juſt as if the limb was liga-*
" *tured ;* and this is common in all gouty
" fits and joints."

Theſe are the regular ſymptoms of a well formed paroxyſm. 1ſt, The rigor or chilly fit ; 2dly, the fever and hot fit ; and 3dly, the remiſſion and critical evacuation, not only by a breathing ſweat, but alſo by a ſpecies of eruption on the ſkin, and depoſit of peccant matter on the proper organ; that is, the articulations ; and this requires the moſt particular attention, becauſe we have no other means of diſtinguiſhing the genuine gout from many other diſeaſes. I have ſeen an eryſipelas on the ancle miſ-

taken

taken for the gout; and much miſchief was the conſequence. The inflammatory rheumatiſm is miſtaken for the gout, every day, among the ignorant people; and ſo are many other diſeaſes.

The true idea of a regular formed gout, is that of a depuratory fever, which, in the early part of it, comes to a remiſſion at the end of twenty-four hours; and, after many exacerbations, and as many remiſſions, finally terminates by an intermiſſion, of longer or ſhorter continuance, according to the conſtitution, treatment, and other circumſtances of the party.

Now let us ſee what happens during the continuance of the remitting fever, and before the real intermiſſion takes place, according to the obſervation of Sydenham.

" The next day, and perhaps for two or " three days afterwards, if the gouty mat- " ter be copious, the part affected will be " ſomewhat pained, and the pain increaſe " towards evening, and remit again about " break of day; *by a gentle diaphoreſis, as " at firſt, and ſo proceed to the end of the " whole fit.*

" In a few days *perhaps* it ſeizes the " other foot in the ſame manner; and if " the pain be violent in this, and that " which was firſt ſeized be quite eaſy, the " weakneſs thereof ſoon vaniſhes, and it

" becomes as ſtrong and healthy as if it " had never been indiſpoſed, *the gout being* " *completely tranſlated to the other foot*; " nevertheleſs the gout affects the foot juſt " ſeized, as it did the former, both in re- " ſpect of the violence and duration of the " pain.

" Sometimes, when there is ſo copious " a peccant matter, in the beginning of the " fit, that one foot is unable to contain it, " it affects both, at the ſame time, with " equal violence; but it generally attacks " the feet ſucceſſively, as above remarked.

" When it has ſeized both feet together, " the following paroxyſms are irregular, " both with reſpect to the time of ſeizure, " and their continuance; but the chilline ſs " comes on, and the pain always increaſes " in the evening, and remits in the morn- " ing; ſo that what we call a fit of gout, " which goes *quite* off ſooner or later, ac- " cording to the age and other circum- " ſtances of the patient, is made up of a " number of theſe ſmall fits; for when " this diſeaſe laſts two or three months, it " is not to be eſteemed one continued fit, " but rather a ſeries or aſſemblage of little " fits, the laſt of which proves milder and " ſhorter, till the peccant matter being " *gradually concocted*, and finally expelled, " *the fever intermits*, the patient recovers,

" *and*

" *and remains well till a freſh quantity of* " *gouty matter is formed and collected.*

" In ſtrong conſtitutions, and in ſuch as " have the gout but ſeldom, the duration " of the whole fit is but fourteen days; " and in the aged, or ſuch as have fre- " quent returns of the diſeaſe, it laſts two " months; but in ſuch as are much debi- " litated by age, or by long duration of " the diſtemper, it does not go quite off " till ſummer advances, which drives it " away.

" During the firſt fourteen days the " urine is high-coloured, and, after ſepa- " ration, lets fall a kind of red gravelly ſe- " diment; and not above a third part of " the liquids taken in is voided by urine; " and the body is generally coſtive during " this time.

" The fit is accompanied throughout " with loſs of appetite, chilline ſs of the " whole body towards the evening, and an " heavineſs and uneaſineſs even of thoſe " parts that are not affected by the diſeaſe, " which does not go off till the remiſſion " comes on towards morning, *as in other* " *depuratory and remitting fevers, of every* " *kind.*"

Here then, by the aſſiſtance of Sydenham, I have given an accurate account of the beginning and progreſs of a formed fit of

of ſingle gout, copied from nature, and nearly the ſame in all ſubjects, ſo long as the gout continues regular; which muſt be much attended to, becauſe every deviation from it is an error, ariſing from a defect in the conſtitution, the wrong uſe of the ſix *non-naturals*, or the ſymptoms of ſome other diſeaſe complicated with the gout, as I ſhall more fully explain in the next chapter.

It is a genuine hiſtory of a remitting depuratory fever, *ſui generis*, which comes at certain ſeaſons of the year, to the great relief and advantage of thoſe people who, by heritage or intemperance, have contracted that ſpecies of the atrabilious conſtitution, to which I have given the name of the *temperamentum podagricum*.

The people of this temperament are apt to generate a particular kind of peccant matter, that occaſions a great variety of tormenting ſymptoms, which, for aught we know, cannot be carried off with ſo much propriety and advantage as by that depuratory fever called a fit of gout.

To prevent the formation of this peccant matter, is very proper, and, in my opinion, very practicable, when ſeaſonably and properly attended to; but after the matter is already generated, and floating in the habit, I do not approve of endeavouring forcibly to prevent the fit; the only certain

certain means of concocting and expelling this acrid and deleterious morbid lentor.

I ſhall, therefore ſay very little about curing, or even ſhortening, a regular, well formed fit of ſingle gout; but, for the ſatisfaction of my numerous gouty friends, I will tell them how to conduct it, ſo as to render it bearable, and effectual for the purpoſe of reſtoring and preſerving good health.

After the morbid matter has been concocted and expelled by a proper fit, then indeed much may be done to lengthen the intervals, and reſtore the injured parts, ſo as, in a courſe of years, to conquer the whole diſeaſe; at any rate to render the fits leſs frequent, ſhorter, and more effectual for the ſalutary purpoſes of nature.

To follow, however, the hiſtory of the diſeaſe, the firſt thing to be conſidered is the *terrentia morbis*, the harbingers (with which gouty people are well acquainted) that always precede a fit of gout, and ſeldom go off without it.

SECTION

SECTION IV.

Terrentia; what agrees and diſagrees with them.

IF a perſon, who never had the gout, is ſeized with ſymptoms ſimilar to thoſe which commonly precede a fit of gout, he certainly ought to carry off the offending matter, by ſuch medicines as are known to evacuate black bile, and ſo prevent cough, piles, or gout, as I have ſaid in the chapter on the atrabilious conſtitution, in the Firſt Volume of my Obſervations on Fevers.

But it is quite otherwiſe with one long accuſtomed to have regular returns of formed gout, at certain ſeaſons of the year, to depurate his conſtitution; ſome alteration, and perhaps ſome reduction of his uſual diet, is all he can with ſafety do; for rough evacuations, in ſuch caſes, are found extremely injurious; and this we know, from experience founded on facts, ſtill recent in the memory of many people *.

" I proceed now to the cure, ſays Syden-
" ham, page 473, ſection 20; in treating

* Who are ready to ſay, *Quæque ipſe miſerrima vidi, & quorum pars magna fui.*

" of

" of which, I ſhall firſt take notice of ſuch " things as are to be omitted.

" Now in this diſeaſe, if regard be had " to the humours, and the indigeſtion oc- " caſioning them, it ſhould ſeem, at firſt " view, that the curative indications ſhould " principally tend, 1ſt, to evacuate hu- " mours already generated; and, 2dly, to " ſtrengthen the conſtitution, or digeſtive " powers, ſo as to prevent the accumula- " tion of other humours; theſe being the " uſual intentions to be anſwered in moſt " other humoural diſeaſes.

" But nevertheleſs, in the gout, nature " ſeems to have the prerogative to expel " the peccant matter according to its own " method, and throw it off *partly* upon " the joints, there to be carried off by in- " ſenſible perſpiration. Now there are " only three ways propoſed of expelling " the morbific matter of the gout; namely, " 1ſt, bleeding; 2dly, purging; and 3dly, " ſweating; but none of theſe will ever " anſwer the end.

Bleeding improper.

" Though bleeding bids fair for evacu- " ating the humours immediately to be " tranſlated, as well as thoſe already fixed

" in

" in the joints, yet it manifeſtly claſhes
" with that indication, which the antece-
" dent cauſe, *indigeſtion*, ariſing from a
" depravity or paucity of the ſpirits, de-
" mands, which bleeding further weakens
" and diminiſhes ; and for this reaſon it is
" not to be uſed either by way of prevent-
" ing an approaching, or eaſing a preſent
" fit, eſpecially in the aged ; for though
" the blood that is taken away generally
" reſembles pleuretic or rheumatic blood,
" yet bleeding is found to do as much miſ-
" chief in this diſeaſe as it does good in
" thoſe.

" Bleeding in the intervals, though long
" after the paroxyſm, is apt to occaſion a
" freſh fit, by the agitation of the blood
" and juices, which may continue longer,
" and be attended with more violent ſymp-
" toms than the former ; the ſtrength of
" the blood being impaired thereby, by
" means whereof the morbific matter ſhould
" have been powerfully and conſtantly ex-
" pelled. This inconvenience always hap-
" pens from bleeding in the beginning of
" a fit ; and if it is uſed immediately after a
" fit, there is a great danger of debilitating
" nature ſo much, as to make way for a
" dropſy, or *apoplexy*."

After all that Sydenham has ſaid, whe-
ther bleeding is, or is not proper in gouty

caſes, has been much diſputed; becauſe many have imagined, that ſo much heat and pain could ariſe from no other cauſe but inflammation; the appearance alſo of luſty people, the big belly, and purple countenance, are apt to deceive. Theſe indeed indicate repletion, but it is of groſs humours, and not of red blood. The young, healthy, thin people are much more liable to true inflammation, and bear bleeding better than the atrabilious conſtitutions.

When Frederick Hofman ſays, that cupping the feet every third month had procured a good deal of relief to himſelf, and ſome of his gouty friends, he ſeems not to have adverted to the effect of the regimen he uſed at the ſame time, which was quite ſufficient to procure all the relief he mentions, without the aid of cupping.

By the idea I have given of the firſt formation of the *temperamentum podagricum*, the overgrown liver, *omentum*, &c. and the ſurcharge of atrabilious pituite in the cellular membrane, theſe never can be diſcharged through the open orifice of the vein, nor at all removed till coction takes place; till the foul are ſeparated from the ſound juices; in which operation bleeding can have no effect, but in the caſes hereafter mentioned, as exceptions to the general rule.

No

No man ever uſed the lancet with greater freedom than Sydenham, in moſt caſes; but an experience of thirty-ſix years, in himſelf and many others, at laſt convinced him of the impropriety of bleeding in the gout, unleſs attended with unequivocal ſymptoms of real inflammation, not ariſing from the gout, but other circumſtances of the patient. His words are: "Never-"theleſs, ſays he, if the patient be young, "and overheated by hard drinking, a vein "may be opened in the beginning of the "fit."

In all caſes, if a patient is ſeized with the pathognomonic ſymptoms of genuine inflammation, he muſt not only be blooded, but be treated as if he had no gout, till the inflammation ſubſides; without which he is in danger of dying very ſoon. But this bleeding, and antiphlogiſtic regimen, is not inſtituted to take away gouty matter, nor to retard the formation of a fit; on the contrary, I have always found, that as ſoon as the inflammation was reduced to a certain degree, nature ſeemed relieved, coction took place, the morbific matter was ſeparated from the ſound humours, and all the ſecretions were reſtored; then the gouty matter became turgid, and was depoſited in the proper places, and finally evacuated by

a fit; of which I have given ſome inſtances in the firſt chapter of this Eſſay.

Sometimes it is difficult to diſtinguiſh the pain of ſimple gout from that of true inflammation; it is therefore neceſſary to be well informed, whether the patient is ſubject to an inveterate gout; whether it is the ſeaſon of his fit of gout; whether there were not gouty *terrentia* before the attack; whether they did not ſubſide, and were ſucceeded by a ravenous appetite before the attack: under ſuch circumſtances it is reaſonable to believe, that the pain is gouty; and if in the extremities, no blood ought to be taken, for the purpoſe of eaſing that pain, which is rather ſalutary than dangerous in all gouty habits.

But if the pain is very violent, without any remiſſion, and ſeizes an internal organ, with many other ſymptoms of plethora and inflammation, then ſome blood ought to be taken; as nothing is ſo apt to change the ſeat of the pain, even of gout, as one proper, ſeaſonable bleeding: and for this very reaſon, when the pain is already in the extremities, no blood ſhould be taken, for fear of altering the ſeat of the gout to ſome internal place.

" But," ſays Sydenham, " if bleeding is " uſed in all the ſucceeding fits, in order " to moderate the pain of the gouty *phleg-*

" *monoides*,

" *monoides*, it will ſoon render the gout " inveterate, even in youth, and cauſe it " to ſpread more univerſally in a few years, " than it otherwiſe would have done in " many."

When Sydenham, from long experience and accurate obſervation, had ſettled this matter, it was very daring to begin an oppoſite practice: this, however, was done here; and the bad ſucceſs only ſerved to confirm the truth of Sydenham's obſervations.

A gouty patient of mine, ſome years ago, was promiſed a perfect cure, by a gentleman who did not underſtand what he undertook to perform. He begun his cure by a ſudden reduction of diet; then ſome rough purges: as ſoon as the *terrentia* came on, he ordered a conſiderable quantity of blood to be taken.

In two days, the ſymptoms ſtill continuing, the bleeding was repeated: by thoſe means the fit of gout was prevented; but a fit of apoplexy came on, which cut off the poor patient in a few hours. Such are the effects of theory, when not founded on ſolid obſervation.

The general rule then is, that the gout, in its own nature, does not require bleeding, nor agree with repeated bleeding; but that an inflammation may ariſe, in

ſome gouty habits, ſo violent as to require bleeding, and an antiphlogiſtic regimen, to a certain degree, for a few days.

Having thus diſcuſſed the propriety and impropriety of bleeding in gouty habits, we next proceed to conſider the effects of vomiting and purging, as evacuants of gouty matter: and as this is of the utmoſt importance, it deſerves a complete diſcuſſion; for which reaſon I will copy, at full length, what Sydenham and Cheyne have ſaid on the ſubject, and then add my own obſervations.

Vomits and Purges improper.

"With reſpect to vomiting and purging," ſays Sydenham, "it ſhould be "noted, that as it is a fixt law of nature, "and interwoven with the eſſence of this "diſeaſe, that a part of the morbific mat-"ter thereof ought always to be tranſlated "to the joints, emetics and cathartics will "only invite the whole matter back into "the blood, which was thrown by nature "upon the extremities; and hence what "ought to be thrown upon the joints, "hurries perhaps to ſome of the viſcera, "and ſo endangers the life of the patient, "who was quite ſafe before.

"And

" And this has often been obſerved to
" prove fatal to thoſe who have ordinarily
" had recourſe to purging by way of pre-
" vention; or, which is worſe, to eaſe the
" pain in the fit; for when nature is pre-
" vented, by purging, from her uſual ſafeſt
" and beſt manner of tranſlating the mor-
" bific matter to the joints, and the hu-
" mours are forced inwards upon the
" bowels; then, inſtead of pain in the
" joints, which is either ſlight, or perhaps
" none at all, the patient is almoſt deſtroyed
" by ſickneſs, gripings, faintings, and a
" numerous train of irregular ſymptoms.

" For my own part, I am abundantly
" convinced, from much experience, that
" purging, either with mild or ſtrong ca-
" thartics, ſuch as are given to purge the
" joints, proves very prejudicial, whether
" it be given in the fit to leſſen the mor-
" bid matter; or in its declenſion, to carry
" off the remainder; or in a perfect inter-
" miſſion, to prevent an approaching fit:
" for I have learnt, at my own peril, as
" well as that of others, that purgatives
" exhibited at any of thoſe times, have,
" inſtead of doing ſervice, haſtened the
" miſchief they were intended to prevent.

" Purging, therefore, during the fit, by
" diſturbing nature when ſhe is ſeparating
" the gouty matter, and throwing it upon

" the joints, does ſometimes eminently
" diſturb the ſpirits, which renders the fit
" more violent, and likewiſe endangers the
" life of the patient.

" Purgatives, adminiſtered at the end
" of a fit, inſtead of expelling the remains
" of the diſeaſe, occaſion a freſh fit, as
" ſevere as the former; and thus the pa-
" tient being deceived by fruitleſs hopes,
" brings thoſe evils upon himſelf, which
" he had eſcaped, if the humours had not
" been exaſperated afreſh. And this in-
" convenience I myſelf often experienced,
" after having had recourſe to medicine to
" expel what I eſteemed the remains of the
" diſtemper.

" As to purging at certain times in the
" intervals by way of prevention, though
" it muſt be owned that there is not ſo
" much danger of occaſioning a freſh fit,
" as in the inſtance juſt mentioned, the
" patient in that caſe not being perfectly
" recovered; yet even at this time it is
" productive of a fit, for the reaſons above
" ſpecified; and though, perhaps, it may
" not come on immediately, the diſeaſe
" nevertheleſs will not go off entirely by
" taking any purge conſtantly at proper
" intervals. For I have known ſome gouty
" perſons, who, to recover their health,
" not only purged ſpring and fall, but
" monthly,

" monthly, and even weekly, and yet none
" of them eſcaped the gout; which affected
" them more ſeverely afterwards, and was
" accompanied with more violent ſymp-
" toms, than if they had totally forbore
" medicine: for though much purging
" might carry off a part of the gouty mat-
" ter, yet as it does not at all contribute
" to ſtrengthen the conſtitution, but rather
" weakens it, and injures nature afreſh, it
" only ſtrikes at one cauſe, and is by no
" means adequate to the cure of the diſ-
" temper.

" To theſe obſervations muſt be added,
" that the ſame paucity of ſpirits which
" hurts the concoctions in gouty ſubjects,
" renders their ſpirits weak and languid;
" ſo that they are ſoon diſturbed by any
" cauſe which conſiderably hurries the body
" or mind, and conſequently are very vo-
" latile and diſſipable, as they frequently
" are in hyſteric and hypochondriacal pa-
" tients. From this tendency to irregular
" motion, it happens that the gout follows
" the ſlighteſt evacuations; for the tone
" of the parts being deſtroyed, which the
" firmneſs of the nerves, ſo long as they
" continue ſtrong, preſerves unrelaxed and
" healthy, the peccant matter moves with-
" out interruption; and from this miſchief

" done to the body, a fit ariſes in a ſhort " time.

" Notwithſtanding this method is ſo very " pernicious, yet there have been empirics, " who have acquired a great character by " cunningly concealing the cathartic they " uſed in this caſe; for it muſt be noted, " that whilſt the medicine operates, the " patient feels no pain at all, or but a ſlight " one; and if a courſe of purgatives be " continued for ſome days, without the " intervention of a recent fit, the preſent " fit will ſoon go off; but the patient will " ſuffer greatly afterwards, by the ſudden " tumult occaſioned by this agitation of " the humours."

So clear and poſitive evidence, from ſo accurate and faithful an obſerver as Sydenham, made ſuch an impreſſion on gouty people and regular practitioners, that the gout was left to patience and flannel for many years. Such was the ſituation of things in this country, when Dr. Cheyne ventured to treat the gout according to art; and although he was not, at all times, able to cure the gout, yet by proper diet, exercise, and a few remedies, he was able to procure great relief, and prevent many of those miſeries, which this diſeaſe, left to nature, always produces.

" Sydenham,"

" Sydenham," ſays Cheyne, in his Treatiſe on the Gout, p. 22. " otherwiſe a moſt " accurate obſerver of nature, and a moſt " judicious practitioner, has been the occa- " ſion, I think, of a great miſtake in the " management of the gout, by forbidding " almoſt all evacuations, either in the fit, " or in the intervals, for fear of weaken- " ing the conſtitution.

" There are two ſeaſons, to wit, ſpring " and fall, when the periodical fits of re- " gular gouts commonly happen, which I " conſider as cardinal and critical diſcharges, " under general and mechanical influences, " for purifying the blood, and diſcharging " the gouty ſalts: in theſe nature is no " more to be diſturbed (I mean as to " purging) than in the monthly purgations " of the ſex; at that time, however, a con- " ſtant, uniform, gentle perſpiration may " be promoted, not only with ſafety, but " with great advantage to the ſick.

" But in the ſlight, flying touches of the " gout, out of theſe ſeaſons, and in the in- " tervals of the fits, gentle, warm, ſto- " machic purges will be an excellent " remedy to ſend theſe a-going, to leſſen " the real fits, and lengthen the intervals.

" A perſon out of the pain and inflam- " mation of the fits, and in their intervals " (except his natural diſpoſition to breed

" another

" another fit) is, to all intentions of medi-
" cine, the ſame as a well perſon; where-
" fore the general and direct methods of
" relieving the gout are, in the fits a gen-
" tle, uniform, continued perſpiration, or
" breathing ſweat; and in the intervals,
" labour, exerciſe, *regimen*, and gentle, ſto-
" machic purges."

For many years I have attended to the effect of evacuations in gouty people, and I am certain that the beſt way of emptying them is by abſtemious diet, and hard exerciſe. By theſe means perſiſted in during the intervals, we are able to prevent adding freſh fuel to the fire; what may remain after a fit is more eaſily concocted, and more readily expelled; by theſe means the fibres preſerve their tone, and the organs their natural functions; ſo that a perſon living as all gouty people ought, will not require much purging in the intervals, and ſtill leſs in the fits of regular gout; which will gradually become leſs frequent, more regular, briſk, effectual, and of ſhorter duration: but gouty perſons, living as people of opulence generally do in this country, muſt collect much gouty matter in the intervals; the whole habit becomes loaded, the fibres relaxed, the organs ſoft and enlarged; the fits irregular, languid and protracted, and ſeldom effectual in clearing the

the conſtitution: In ſuch indeed Cheyne's method is often required, and by a ſkilful uſe of it, ſome advantage, and much relief may be expected; for Cheyne is in the right when he ſays, that a perſon out of the pain and inflammation of the fits, or in their intervals (except his natural diſpoſition to breed another fit), is, to all the intentions of medicine, the ſame as a well perſon. But more of this in the next Chapter, when we come to conſider the complicated gout; or the gout mixed with other diſeaſes.

Forced Sweats hurtful.

At preſent I will go on, with Sydenham, to conſider the effects of forcing ſweat, to carry off the peccant matter by the ſkin, during the *terrentia*; or in the fit of regular and ſingle gout, viz. Syden. p. 477. ſec. 26.

" Finally, the carrying off the peccant " matter by ſweat is manifeſtly prejudicial, " though in a leſs degree than either bleeding " or purging; for though it does not repel " the morbific matter to the *viſcera*, but " contrariwiſe, propel it into the habit, it is, " notwithſtanding, detrimental for theſe " reaſons:

" Firſt, during the intervals of the fit it " forces the humours which are as yet " crude, and not fitted for a due ſeparation,

" upon

" upon the limbs, and thus occaſions a fit
" before its time, and in oppoſition to na-
" ture. 2dly, The forcing a ſweat in the
" fit throws and fixes the matter too pow-
" erfuly upon the part affected, at the ſame
" time occaſioning intolerable pain; and if
" there be a greater quantity thereof than
" can be received by the part affected, it
" immediately throws it upon ſome other
" parts, and thus raiſes a violent ebullition
" of the blood and other juices: and if the
" body abounds conſiderably with a ſerous
" matter generative of the gout, an apo-
" plexy is hereby endangered. *An indi-*
" *geſtion may do the ſame.* Hence there-
" fore it is very dangerous in this, as in
" moſt other diſeaſes, to force out a ſweat
" by violence, or beyond that degree of
" concoction, which the humours to be
" carried off have ſpontaneouſly acquired.
" The excellent aphoriſm of Hippocrates,
" intimating that concocted and not crude
" matters are to be evacuated, relates to
" ſweating as well as purging; as appears
" manifeſtly from that ſweat which ordi-
" narily terminates the paroxyſm of inter-
" mittents; this, if moderate, and propor-
" tioned to the quantity of febrile matter
" concocted by the preceding fit, relieves
" the patient conſiderably; but if it be
" promoted beyond the limits preſcribed by

" nature, by keeping the patient conſtantly " in bed, a continued fever thence ariſes, " and inſtead of extinguiſhing the former " heat a new one is kindled.

" So in the gout, the gentle breathing " ſweat that generally comes on ſpontane- " ouſly in the morning after each of the " ſmall fits, of which, as I have before ob- " ſerved, the cardinal fit is compoſed, eaſes " the pain and reſtleſsneſs that tormented " the patient ſo much in the night; but " contrariwiſe, if this gentle moiſture, which " is naturally of a ſhort duration, be vio- " lently forced, and continued longer than " the quantity of the concocted morbific " matter requires, the diſeaſe is thereby " increaſed.

" In this therefore, and all other diſeaſes " that I have met with, excepting only the " plague, it is nature's province, more than " the phyſician's, to excite ſweat, as we " cannot poſſibly learn how much matter " is already prepared for ſuch a ſeparation; " nor conſequently what method is to be " taken to promote ſweat *with advantage.*"

In the Chapter on the *Angina Maligna*, which Sydenham never ſaw, and afterwards in the Eſſay on the Peſtilential Fever, I have explained the effect of forcing a ſweat; and given ſeveral obſervations to determine the diſeaſes in which this practice is ſalutary;

the

the degree to which it may be carried with advantage; when and how it ought be altered; and what is proper to be done immediately after ſuch a ſalutary ſweat. But in the gout I never ſaw much advantage from forcing ſweat, or even promoting it to a very great degree: I have however ſeen many caſes in which cordial medicines, ſtrong wine, and even ſpirituous liquors, were required; but that was in irregular gouts. The matter of the gout requires long coction, as appears by the long duration of the *terrentia*, and even of the fits; and although ſome part of it may be ſubtile and volatile, the greater part is groſs, ſaline and viſcous, as is evident by looking on the groſs, atrabilious habits who are the moſt liable to it.

Venery hurtful.

There is another evacuation which deſerves the conſideration of gouty people, I mean venery; here again Sydenham gives my idea very nearly, viz. p. 477, ſec. 51. "With reſpect to venery," ſays he, "if the "gouty perſon be in years, and ſo deſtitute "of a ſufficient ſhare of ſpirits to promote "the digeſtions, and the ſolid parts conſe-"quently too much debilitated and relaxed, "without any aſſiſtant from this deſtructive "quarter; in this caſe, I ſay, it is as im-

"prudent

" prudent for ſuch a man, in my opinion, " to indulge thoſe pleaſures, as it would " be for a perſon, after having engaged to " go a long journey, to ſpend all his ſtock " of proviſions before ſetting out. More- " over, beſides the miſchief he does himſelf " for want of reſtraining the languid in- " clinations of declining old age, he loſes " the great privilege of enjoying that ex- " quiſite ſatisfaction which by the particular " indulgence of nature, is reſerved for the " aged only; who, towards the period of " their lives, are freed from the violence of " thoſe paſſions, which, like ſo many ſavage " beaſts, preyed upon them perpetually in " youth; the gratification of them being " by no means an equivalent for the long " train of evils, which either accompany or " follow it."

The regulating this evacuation deſerves more attention than is commonly paid to it; it is a ſecretion and excretion neceſſary for the health of men and women, according to their particular conſtitutions and time of life. Soon after fifty, in the generality of both ſexes, natural vigour decreaſes, and deſire will keep pace with it, if not kept up by habit or fooliſh practices. The deſire that ariſes from natural vigour only ought to be gratified; it does not depreſs, but exhilarates the ſpirits; it will not retard, but

promote digeſtion, and all the ſalutary ſecretions and excretions. And this is the criterion: every evacuation that refreſhes is ſalutary; and on the contrary, what depreſſes the ſpirits is improper: but if a man, long after the decline of life, ſhould irritate his deſires by connecting himſelf with a young woman, or with a variety of women, or, what is ſtill worſe, uſe ſuch external and internal provocatives as are practiſed in great cities; then indeed he may expect ſome of the worſt nervous ſymptoms, of which I have ſeen inſtances; watchfulneſs, loſs of appetite, loſs of ſight, *memory*, *&c.*

SECTION V.

A Digreſſion.

IN conſidering all that Sydenham has ſaid on the ſubject of evacuations in gouty habits, it appears to me, that in the early part of life, he had treated the gout according to the ſymptoms thereof, as he had done other depuratory, humorrhal fevers, by bleeding, vomiting, purging and ſweating. But after many trials, and finding that his endeavours to cure, or even to procure relief, had only ſerved to exaſperate the whole diſeaſe; he rightly concluded that the gout, although it was a remitting,

depuratory fever, yet it was *ſui generis*, and very different from all the other fevers he had ſeen.

This naturally led him into a digreſſion on fevers in general, by way of contraſt; dividing the whole into three great claſſes: that is, in my language, the common fevers; the fevers from contagion; and the fevers that come at the end of a chronic diſeaſe. The fevers from contagion have very ſhort *terrentia*; the natural common fevers have *terrentia* of ſome days; but the laſt claſs have *terrentia* of weeks, nay months, which do not threaten immediate danger; till at laſt the offending matter becomes acrid, and irritates to ſuch a degree, that a fever is brought on, and nature is obliged to ſummon all her powers, and bring the whole to a final iſſue by one violent effort.

Now it is evident, that to produce a fever there muſt be an irritating cauſe; and the degree of fever will depend partly on the quantity and quality of that cauſe; partly on the nature and number of the parts ſtimulated; partly on the conſtitution and natural irritability of the patient; partly on his general ſtate of health at the time of applying the ſtimulus; and many other circumſtances that may take place at that time; ſo that the ſame cauſe may occaſion a great variety of fever in different people, or in the ſame perſon at different times. Hence a much

greater number of names have been given to fevers, than there are real *Genera* of them exiſting. I have ſeen all the fevers mentioned by obſervators, except the plague; and they may all be comprehended under one or other of theſe three claſſes mentioned by Sydenham in this ſhort digreſſion from the ſubject of the gout.

The firſt claſs comprehends all thoſe fevers which ariſe from the ſenſible qualities of the air, and thoſe alterations which are produced by the change of the ſeaſons, every year, in regular ſucceſſion. Theſe I call the common fevers; Sydenham calls them intercurrent, as affecting particular perſons only; and alſo ſporadic, as being ſcattered all over the kingdom at the ſame ſeaſon: of them I have given a ſhort diſcuſſion in the firſt volume of my Obſervations.

The ſecond contains all the fevers ariſing from contagion. In the ſecond and third volumes of my Obſervations, I have given a ſhort diſcuſſion of ſuch of them, as, in my opinion, had not been completely diſcuſſed by others. Theſe Sydenham called epidemic, becauſe, in the quarter where any of them breaks out, as far as the contagion ſpreads, it lays hold of whole families together; whilſt the fever of the ſeaſon in the ſame quarter, is to be ſeen in ſome few perſons only, that is ſporadic, ſo long as the contagion rages.

The

The third claſs contains ſuch fevers as ariſe from, and are preceded by, a tedious ſtate of bad health, like long *terrentia*; one is neither well, nor very ill, for a conſiderable length of time; till at laſt the conſtitution undergoes an alteration; morbific matter is accumulated, and ſome ſort of fever becomes abſolutely neceſſary to prevent a total deſtruction.

" But, ſays Sydenham, p. 484. ſec. 36. " chronic diſeaſes, *if not hereditary*, com- " monly originate from an indigeſtion " of the humours. For when the *ſtamina* " *vitæ* are much debilitated, and in a man- " ner worn out either by age, or by re- " markable and continual irregularities in " the uſe of the ſix *non-naturals*, eſpecially " with relation to food and drink; or if " the ſecretory veſſels be ſo far weakened, " as to be no longer able to perform their " appointed offices of cleanſing the blood, " and carrying off its ſuperfluities; in all " theſe caſes, a greater quantity of humours " being collected in the body than can be " digeſted by the ſtrength of nature, theſe, " by long continuance in the veſſels, un- " dergo various fermentations and putre- " factions; and at length appear in a *ſpe-* " *cies*, occaſioning different diſeaſes, accord- " ing as they are variouſly vitiated or de- " praved. And as theſe vitiated juices " differ from one another, ſo they fall

" upon the particular part that is beſt fitted " to receive them; and there they gradually " manifeſt thoſe numerous ſymptoms, " which ordinarily proceed, partly from " the nature of ſuch juices, and partly " from the irregular motions excited in the " parts affected; both which, in conjunc- " tion, conſtitute that irregularity of nature, " which is characteriſed with the name of " ſome diſeaſe, and attended *with ſymptoms* " *peculiar to it.*

" Hence, *cæteris paribus*, old people are " moſt liable to this claſs of diſeaſes; *and* " *require leſs food, longer faſting, and more* " *regular exerciſe than young people: Hence* " *people of a ſedentary life require leſs* " *food, longer faſting, warmer reſtoratives,* " *and ſhorter ſleeps than labouring active* " *people:* Hence damp weather, and the " winter ſeaſon, is moſt apt to create thoſe " morbific collections; although the effects " of them are not always felt before the " approach of ſpring."

But when the gout becomes inveterate, the gouty pains begin as ſoon as the weather becomes cold, and continue the whole winter: ſtill, however, every real fit is preceded by a diſorder of the ſtomach, and thoſe other ſymptoms of an atrabilious conſtitution, to which I give the name of the *terrentia febris podagricæ.*

The

The chronic diſtemper, then, is the original cauſe of all; by it the morbific matter is fabricated; that matter collected, and much vitiated, produces the *terrentia*; and the fit, or fever, is only the neceſſary conſequence, and indeed I may ſay, the only cure of thoſe *terrentia*; for after the gouty matter is fabricated and collected to that degree, ſo as to produce the *terrentia*, we do not find that the uſe of other evacuations is ſalutary, nor quite adequate, without a fit. But before I proceed to the ſpecial method of treating the *terrentia*, I muſt diſcuſs the uſe and abuſe of ſtrong liquors, and milk diet, in the generality of gouty people.

SECTION VI.

Strong Liquors.

" GOUTY perſons, ſays Sydenham, p. " 492, ſec. 47, ſhould make it a rule, to drink " ſuch liquors as will not inebriate if drank " in a large quantity, or injure the ſtomach " by their chilneſs; of this kind, as I before " hinted, is our common ſmall beer; and " in all other countries a ſimilar liquor may " be prepared by diluting wine well with " water. As to water alone, I eſteem it " crude and pernicious, *to ſuch as have*

" *been accuſtomed to very ſtrong liquors*, and
" have found it ſo to my coſt; but young
" perſons may drink it with ſafety; and it
" is at this day the common drink of the
" greateſt part of mankind, who are hap-
" pier in their poverty, than we with all
" our luxury and abundance.

" This is confirmed by the great num-
" ber of diſeaſes with which we are afflicted
" upon this account, as the ſtone, gout,
" apoplexy, palſy, &c. beſides the injury
" done to the mind, in being drove from
" its natural rectitude by the diſturbance
" which the fiery ſpirits of ſuch liquors,
" together with the animal ſpirits which aſ-
" ſiſt the thinking powers, occaſion; by
" volatilizing the mind too much, and ſug-
" geſting vain and idle notions, inſtead of
" ſolid and weighty reaſonings; and thus
" at length rendering us drolls and buffoons
" inſtead of wiſe men; between which the
" difference is almoſt as great, as between
" ſubſtance and a ſhadow *.

The

* This idea of volatilizing the thinking faculties, by the abuſe of ſpirituous liquors, brings to my remembrance what I have obſerved among the modern riotous wine-bibbers; who, by talking blaſphemy and treaſon, have paſſed for men of wit and underſtanding among their ignorant, profane companions and abettors; but on ſerious examination, were only the volatile, thoughtleſs ſons of intoxication.

In

The daily and conſtant uſe of ſtrong liquors as a part of diet, is certainly very pernicious; whereas, if they were uſed as medicine only, they might be of great ſervice on many occaſions, ſkilfully and properly adminiſtered, according to the exigency of the caſe; which advantage is chiefly loſt by the continual uſe of them, even in moderation.

But it muſt be noted, that cuſtom is a ſecond nature, and quick tranſitions will not

In religion they are ill informed, prophane and blaſphemous; in morality, profligate and abandoned, without ſhame, honour or truth; without reverence to God, and deſtitute of love or gratitude to either man or woman, and of every principle that ought to influence or direct the conduct of a rational, thinking perſon. In the management of their own affairs, they are diſorderly ſpendthrifts, and ſoon become deſperate gamblers and ſwindlers, being deprived of property, credit, or reſource. Their toothleſs, bloated countenances mark the diſeaſed ſtate of their rotten carcaſes; reduced to a ſtinking maſs of corruption, even before death. In ſhort, as they are the moſt prating, noiſy, impudent, and aſſuming, ſo they are the moſt truly deſpicable, worthleſs, diſeaſed and wretched of all living creatures.

Such are the riotous drunkards among the gentry of this age; but among the lower ſort of people, I may venture to ſay, that almoſt all the crimes committed every day, are only the effects of the abuſe of ſpirituous liquors; and very much of the diſeaſes and miſery of the poor people ariſe from the ſame cauſe, beſides the deſtruction occaſioned among poor women and their offſpring! I wiſh there was no ſtrong drink in all this kingdom.

agree

agree with weak or worn conſtitutions. In theſe, all alterations muſt be made gradually, and with much circumſpection, always attending carefully to the *juvantia* and *lædentia*, according to the great variety of conſtitutions.

SECTION VII.

Milk Diet.

" A MILK DIET, ſays Sydenham, p. " 489, ſec. 45. or the drinking of milk, " either as it comes from the cow, or boiled, " without adding any thing to it, except " perhaps a piece of bread once a day, hath " been much uſed theſe twenty years paſt, " and hath done more ſervice in abund- " ance of gouty ſubjects, whilſt they per- " ſiſted in it exactly, than all other kinds " of remedies: But upon quitting it, and re- " turning to the ordinary way of living of " healthy perſons, though they uſed the " mildeſt and ſlendereſt diet, the gout im- " mediately returned with more violence " than ever; for as this regimen weakens " the conſtitution, the patient cannot ſo " well ſtruggle with the diſtemper; whence " of courſe it proves more dangerous and " laſting.

" Whoever

" Whoever therefore intends to purſue " this regimen, ought before-hand to con- " ſider maturely, whether he be able to " perſevere in it for life; which perhaps " he may find too much for him, though " he ſhould be a perſon of great reſolution: " For I knew a nobleman, who, after liv- " ing a whole year on milk only with much " pleaſure, during which time he had one " or more motions every day, was con- " ſtrained to leave it off, becauſe he grew " coſtive on a ſudden, the temper of his " body altered, and his ſtomach at length " nauſeated milk, though he had ſtill a " liking to it.

" Again it is obſervable, that ſome hy- " pochondriac perſons, of a groſs habit of " body, or thoſe who have been long uſed " to drink ſpirituous liquors freely, cannot " bear milk; eſpecially *if they are fat,* " *bloated, bilious, or ſubject to violent in-* " *flammations.*

" Further, the ſhort and fleeting benefit " which thoſe who can bear milk receive " from this regimen, is not only derivable " from its exceeding ſimplicity (whence I " doubt not but water-gruel may have the " ſame effect, provided the ſtomach will " bear it), but from its rendering the blood " ſofter and ſmoother, by blunting the " ſharp particles contained in the maſs:

" And

" And moreover, which I eſteem the prin-
" cipal thing, milk being an aliment abſo-
" lutely unfit for grown perſons, repreſſes
" that turgeſſence or plenitude of the hu-
" mours which occaſions the gout; and for
" this reaſon, the few with whom it agrees
" eſcape this diſeaſe ſo long as they live
" upon milk only, but no longer.

" For as it runs directly counter to the
" original cauſe of the gout, which is the
" debility of the digeſtions and fermenta-
" tions; it does much more miſchief in
" this reſpect, than benefit in the other:
" And for want of attending ſufficiently to
" this particular, ſome inconſiderate perſons
" have fallen into groſs and manifeſtly fa-
" tal errors; having, by attempting to
" conquer the containing cauſe of the diſ-
" eaſe, namely, the heat and acrimony of
" the humours, deſtroyed the digeſtions,
" and all the natural functions."

If a French anatomiſt, or a German chemiſt, had told me that new milk was an improper diet, even for gouty people, I ſhould have anſwered them by repeating the old adage, *optimus anatomicus, optimus chemicus, peſſimus medicus:* Becauſe I know that the gentlemen who expect to inveſtigate the nature and cure of diſeaſes by thoſe arts, are often miſtaken themſelves, and apt to miſlead others: But Sydenham's mode of

inveſti-

inveſtigation was very different; he depended on nothing but obſervation and matters of fact; in which he has been ſo ſucceſsful, that when he is pointed and poſitive, as in the preſent caſe, I always find his obſervations well-founded. The fact then is, That new milk, boiled or unboiled, is, in general, an improper *conſtant diet* for people ill of an inveterate gout; and indeed when we conſider the nature of new milk from the cow, there are many plain reaſons why it ſhould. New milk contains a certain portion of animal fat; a conſiderable portion of animal, coagulable lymph; a large portion of water; and a quantity of ſaccharine vegetable ſalt, ſufficient to unite the whole into a ſmooth, white, delicious liquor.

By the well-known operation of churning, the fat, or butter, is eaſily ſeparated from the milk; and being kept, becomes ſooner, and more conſiderably rank, than vegetable oils; hence I call it animal fat, not unlike ſuet. By rennette, or indeed ſimple keeping, the lymph coagulates; and being ſeparated from the whey, and expoſed to the air, it becomes putrid like blood; and therefore I call it animal lymph; for I know of no vegetable fluid that will coagulate, and afterwards putrify in the ſame manner as cheeſe does.

The

The reſiduum or whey, is a mixture of ſugar and water; I mean the whey of butter milk; for the whey of new milk contains very much of the oily part: this liquor being expoſed to the warm air, goes into a vinous, and ſoon after into a vinegar fermentation, like the juice of vegetables.

New milk, then, is a mixture of animal and vegetable ſubſtances, containing every ſpecies of nouriſhment, eſpecially a conſiderable quantity of coagulable lymph, of the ſame nature with the white of egg, or ſerum of blood; from which, *we believe*, nutrition is chiefly fabricated in the living animal: for the moſt common idea of nutrition is, that the food is digeſted into a thin pulp containing an imperfect milk, which being abſorbed by the lacteal veſſels, the remainder is evacuated in the form of fæces: But the imperfect milk, or *chyle*, being mixed with much animalized juices, and carried into the blood, is firſt converted into real, coagulable milk, then into pure ſerum, and finally into red blood, or ſolid fiber; while the *reſiduum* of every operation is continually drained off through different ſtrainers, and for different purpoſes; till ſome part being rendered quite uſeleſs, or even offenſive to the animal œconomy, it is expelled through the various excretories fitted for the purpoſe.

New

New milk then, conſidered as diet, is half animalized; is neither acid nor alkaline, neither ſeptic nor antiſeptic; phlogiſtic nor antiphlogiſtic; but a ſubſtantial, ſimple nouriſhment. It ſeems that, as nature intended water for the common drink of all animals, ſo milk is intended as a *pabulum univerſale* for all animals, ſo long as they keep health, and take proper exerciſe; for a perſon who lives on new milk requires much exerciſe, as may be ſeen by obſerving the ſucking animals; who are more ſpirited, playful, and active than any other, and require much and conſtant motion; elſe they ſoon become diſeaſed.

But as ſoon as an animal becomes ſickly, unable or unwilling to take hard exerciſe, then new milk is too rich a diet; for that which is moſt proper for an active, healthy perſon, muſt be improper for a ſickly, unactive one: Hence the reaſon why new milk diſagrees with the generality of gouty people; becauſe they often depend on the diet alone, and neglect the hard exerciſe equally eſſential. The difference of temperament muſt alſo be taken into the account; for all gouty people are not exactly of the ſame natural temperament; the former diſeaſes, the ſort of gout, and even the different ſtages of it, muſt be conſidered; the *terrentia*, beginning, ſtate, decline, and termination.

Sup-

Suppoſe a perſon ſubject to inflammation, new milk would encreaſe the ſizy lentor; but take away the coagulum, and the whey will anſwer every purpoſe, till the danger from inflammation is removed.

Suppoſe a man bloated, fat, and bilious; to make milk agree with him, you muſt take away both the butter and curd; and give him only the whey of ſkimmed milk, or of butter-milk, till the bile is corrected, or evacuated.

But ſuppoſe a man worn by pain and hectic fever, unable to digeſt new milk of any kind, and yet in great need of nutritious, coagulable lymph; in ſuch a caſe he will probably agree with butter-milk; which contains all the coagulable lymph of new milk, ſo mixed with vegetable ſalt, ſo diluted with water, and ſo broken by churning, as to be eaſily digeſted by a very weak ſtomach; for beating has the ſame effect on milk, as it has on an egg; that is, of rendering it light on the ſtomach, without altering the nutritious qualities of it. But the great advantage of churning is, taking away the butter; which always becomes rancid in weak ſtomachs, although it agrees ſo well with people in full health and ſtrong exerciſe.

Thus we ſee, that although new milk is proper only for healthy, active people, yet it

it may be ſo prepared as to agree with invalids alſo; eſpecially with the addition of bread, fruit, &c. And this agrees with what may be ſeen among the poorer people in Ireland, Scotland, and Wales, where they are obliged to live on milk. oatmeal, and potatoes, without any variety, for a long lifetime; they are expoſed to cold, hunger, and fatigue; ſleep on hard beds; are ill covered, and uſe water for common drink: Hence they are able to digeſt milk perfectly, and continue in good health for many years; indeed milk is the baſis of all their diſhes. But if by any accident they contract a diſeaſe, they are obliged to part with their diet of new milk, and reduce their food to whey or water-gruel; that is, to a diet much lighter and leſs nouriſhing than milk, and not return to milk till they have quite recovered their health; for Sydenham is miſtaken when he thinks water-gruel equal to new milk. Seeds indeed are more nouriſhing than the leaves of plants, as containing moſt oil; which appears from the effect of feeding cattle and poultry with grain: gruel, emulſions, and whey, are nearly equal. But to make any emulſion of grain or nuts equally nouriſhing with new milk, you muſt add the animaliſed, coagulable lymph, or that which forms the curd of milk. If a man will live on gruel,

with the addition of eggs, oiſters, crawfiſh, or ſnails, then indeed his diet will reſemble new milk.

The diſh which reſembles new milk the moſt, is broths prepared from the fleſh of animals, with vegetables, ſalt, and much water: theſe become ſour by long keeping, like milk; part with their fat when cold, like milk; and finally, curdle and become ſour, not unlike milk. Nothing admits of ſo much variety as thoſe vegeto-animal broths, which may be ſo prepared as to anſwer every purpoſe of diet, with or without the addition of bread.

For many years Montpelier was famous for curing chronic diſeaſes, eſpecially the gout; owing, in a great meaſure, to the art of preparing a vaſt variety of medicated broths and *bouillions*, according to rules taught by the moſt able phyſicians of thoſe days, when Montpelier flouriſhed as the oldeſt and beſt ſchool of medicine then in Europe.

New milk and ſtrong ſoups will not agree with weak ſtomachs; but butter-milk and ſmall broths may. In general, the milk-eaters allow themſelves too great a quantity; and even Dr. Cheyne, when he reduced his fat by the whey of butter-milk, i. e. *wigg*, allowed himſelf ſuch a quantity of fruit, roots, greens, and bread, as no ſtomach

ſtomach but his would digeſt: the quantity therefore deſerves conſideration, as well as the quality of our food.

SECTION VIII.

The Nature of different Subſtances in uſe as a Part of Diet, &c.

HAVING diſcuſſed the fluids in common uſe, it now remains that we ſhould conſider the more ſolid part of diet, with regard, 1ſt, to quality; 2dly, quantity; and, 3dly, the proper ſeaſons of eating, as far as experience, in the generality of gouty ſubjects, can direct us.

1ſt. With regard to the quality: The moſt rich, or, if you pleaſe, the moſt groſs of all eating, is the raw fat and fleſh of ſtall-fed animals; and that in direct proportion to the rawneſs and fatneſs thereof: the next is, diſhes prepared from the fat and blood of animal fleſh, ſuch as jelly broths, and ſtrong gravy ſoups; then butter and cheeſe, or the fat and gravy (if I may ſo ſpeak) of new milk. Vegeto-animal broths, and new milk, may be accounted ſolid food, becauſe they are quite ſufficient nouriſhment, without any addition, to any perſon in moderate exerciſe: in general, white fleſh

is lighter than black fleſh; and young animals are more delicate than old ones; the lighteſt of all animal food is the fleſh of animals confined within ſhells; the generality of fiſh; and tripe, prepared properly without the fat.

The more ravenous the animal, and the ſtronger he is, the leſs tender is his fleſh; and what we ſay of land animals, is alſo true of water animals in general, or with a few exceptions.

Of vegetables, the diſhes prepared from nuts, grain, and ſeeds, are the moſt ſubſtantial nouriſhment; and next to them, the ſweet eſculent roots are more nouriſhing than the leaves of plants, excepting only the colewort, and its kinds; perhaps the young ſhoots of the bread-tree, or cabbage-tree, or ſome fruits not in common uſe amongſt us; for all our fruits, when come to maturity, afford the lighteſt of all nouriſhment, except the pure whey of milk, and the leaves of plants.

Butter-milk is a ſpecies of nouriſhment *ſui generis:* in the caſes where it is required, I know no *ſuccedaneum* for butter-milk, juſt upon the turn.

By varying and compounding theſe different ſubſtances according to art, much may be done to correct the errors, and ſupply the defects in a conſtitution; for in judging

judging of the quality of food, we are to conſider, not only what digeſts eaſily, but alſo what affords that ſort of nouriſhment which the particular caſe requires.

2dly. With regard to quantity, every one muſt judge for himſelf; the moſt that any man can require is the allowance of an able ſeaman; and the very ſhort allowance on which ſeamen have been obliged to live, on ſome occaſions, will tell how little is required to ſubſiſt an hard working man, as every ſeaman muſt be, eſpecially in bad weather. Now we all know, that victuals ought to be in proportion to the degree and duration of labour, both in quantity and quality; how little and how light then ought to be the diet of an opulent citizen of London? The groſſeſt diet ought to be the leaſt in quantity.

The capacity of the ſtomach depends upon habit. A man may, by frequent diſtenſion, ſtretch his ſtomach beyond the natural ſize; and indeed a big belly is now ſo common to us, that we hardly conſider it as any very great deformity; more than the Piedmonteſe do their *gouatre*, or prodigious ſwelling, round their chaps.

I wiſh all reaſonable people to conſider, that they ought to eat enough to recruit the tear and wear only, and not to feed themſelves like cattle, whoſe value is their

weight. I believe the beſt general rule is, to eat of one thing only in one repaſt, and then the appetite will ſeldom deceive; but one is in great danger of an indigeſtion from variety; and frequent indigeſtions will breed chronic diſeaſes, and ſo forth.

3dly. As to the proper ſeaſons for eating our principal meal, let us take the advantage of Sydenham's obſervation, as far as he gives it, p. 488, ſec. 44.

"As to the times of eating," ſays he, "only dining is neceſſary; for as the night "ſhould ſeem peculiarly deſigned to digeſt "the humours, it would be wrong to waſte "that time in digeſting the aliment. For "this reaſon, gouty perſons ſhould forbear "ſuppers; but they may drink a large "draught of ſmall beer, as being gene-"rally ſubject to the ſtone in the kidnies, "which this liquor may prevent."

At all times and ſeaſons, I am certain, it is improper, for gouty people, to eat ſolid food after dinner; but very early in the morning they may eat a good baſon of panado or gruel, with new milk, and a ſlice of bread; or tea or cocoa, or water-chocolate with milk, ſugar, and dry bread, by way of breakfaſt; eat fruit with bread, and drink a glaſs of water, by way of luncheon, at noon; and end the day by a plain dinner at a late hour, ſuppoſe four o'clock.

SECTION

SECTION IX.

Special Method of treating the Terrentia.

IN caſes of incipient gout, when the conſtitution has not ſuffered from age or infirmity, the gouty feelings may be carried off without a fit, and the original chronic diſeaſe radically cured afterwards, as has been ſaid in the firſt and third Chapters of this Eſſay. But in caſes of inveterate gout, or broken conſtitutions, it is always difficult, and ſometimes impoſſible, to cure the original chronic diſeaſe, now become quite conſtitutional.

In ſuch caſes, gouty matter will be fabricated, collected, and become acrid; producing many troubleſome and painful ſymptoms, called *terrentia febris podagricæ*, which cannot be removed with propriety, without a regular fit of gout, or depuratory fever *ſui generis*, at certain ſeaſons; the artificial evacuations being found inſufficient for the purpoſe, and the frequent uſe of them, of dangerous conſequence, in ſuch caſes, as has been already obſerved.

The preſent queſtion then is, ſuppoſing the matter collected, and the *terrentia* come on, what can art do to aſſiſt in concocting

and expelling this matter, with propriety, advantage, and effect, according to the regular, common courſe of nature?

In ſuch a caſe, I ſay, it is not good practice to endeavour to prevent a fit by large bleedings, nor by ſtrong and repeated purges; nor by a very ſpare, low diet; nor by frequent warm bathing, and ſweating in bed; neither is it ſalutary to force ſweat, nor to precipitate a fit by powerful ſudorifics: but there are three intentions of aſſiſting nature, which may be proſecuted with advantage, during the *terrentia*, and perſiſted in till the formed fit takes place.

1ſt. By a proper attention to the quality and quantity of diet, the hours of eating, ſleeping, and taking exerciſe, we may moderate the quantity, and correct the acrimony of the morbid matter; which intention may be much aſſiſted by keeping the natural ſecretions and excretions in good order; and for this purpoſe it may be neceſſary, in ſome caſes, to give a gentle puke; to open the body by a ſmall doſe of the ſulphur electuary going to bed; to give a few grains of rhubarb every day before dinner; and to increaſe the bed-coverings, or wearing apparel.

In all caſes of low ſpirits, loſt appetite, or flatulent digeſtion of food, one ought to avoid fat, butter, all raw, groſs, or greaſy food,

food, or things of difficult digeſtion, ſuch as ſalted and ſmoked meat, &c.

2dly. To aſſiſt nature in concocting the morbid matter, and fitting it for expulſion, in weakly conſtitutions, beſides attention to diet and exerciſe, I have often found it neceſſary to order an additional quantity of wine after dinner; to put ſome wine in all their ſippings, and to take ſome mild, cordial bitters, with a few drops of ſteel wine twice in the day; and to add ſeaſoning to their food, ſuch as garlic, onion, ſalt, and pepper, or muſtard.

3dly. As ſoon as the ſtomach is eaſy, the ſpirits relieved, and a keen appetite, with a quick digeſtion of victuals, come on, then I conclude that coction has partly taken place, and that I may look for a fit in a few days. I ſtop all medicine therefore, and think of nothing but directing the digeſted matter to the lower extremities; eſpecially I order the feet to be kept warm in bed during the uſual hours of ſleep; and to drink a draught of wine whey, or gruel with ſome wine going to bed, inſtead of ſupper; by which means I expect to dilute and direct the concocted matter towards thoſe organs which are moſt proper for the reception of gouty matter, according to the well known natural hiſtory and uſual progreſs of the diſeaſe.

SECTION

SECTION X.

Formed Fit, how treated in general.

BEFORE I proceed to the ſpecial method of treating the formed, regular fit of ſimple gout, I muſt take notice of an error I have often met with. Some people have imagined that there is a certain diet adapted to the gout, in all caſes, ſtages, and conſtitutions; whereas, on the contrary, the diet muſt be varied not only according to the conſtitution of the individual, in this as in all diſeaſes, but the interval requires a diet different from the *terrentia*; the beginning of the paroxyſm different from the termination, and from the remiſſion between two paroxyſms; and ſo every alteration, in the progreſs of the diſeaſe, requires a ſpecies of diet ſuited thereto. Upon the perfect knowledge of this depends very much the dexterity of treating a regular fit, from beginning to end; for in this particular fever we are to ſupply, by diet alone, all the evacuations and medicines commonly uſed in other depuratory fevers, and yet to render it as effectual for the purpoſe of deſpumation.

In conſidering the progreſs of a regular cardinal fit, I have often compared the gout

to

to the ague. There is one gout of the ſpring, and another of the autumn, each partaking a little of the epidemic conſtitution of thoſe ſeaſons, like the ague: it remits from the beginning, like the ague. Sometimes there is a regular paroxyſm every twenty hours, one more conſiderable than the other alternately, like a double tertian; ſometimes there is a good day, and a bad day alternately, like a ſingle tertian; ſometimes there are two good days between every two paroxyſms, like a quartan; and finally, there is an abſolute intermiſſion, or abſence of fever towards the concluſion. The ſwelling and tenderneſs of the affected joints do not intermit, that is, the *febris in parte;* but the general fever, the *frigus febrile*, the *rigor febrilis*, the *anxietas*, *calor*, *ſitis*, *pulſus celer*, *&c.* do really diſappear during the well days; and all return again, nearly at ſtated times.

This fever, then, ought to be treated like a peculiar remitting, intermitting, depuratory fever, which does not well bear bleeding, vomiting, purging, ſweating, nor any low living, unleſs in the beginning, or in ſome particular caſes and conſtitutions; in which, however, ſome evacuations may alſo be occaſionally neceſſary, as ſhall be explained in the next Chapter.

At

At preſent I will conſider the ſingle, regular gout only; and ſimply narrate that treatment which I have recommended for ſeveral years paſt; by which the fits have been gradually ſhortened, and rendered ſo effectual for the purpoſe of depuration, that by a ſtrict attention to diet, air, exerciſe, and mild ſtomachics afterwards, the intervals have been gradually more and more lengthened; and finally, the cardinal fits reduced, or, for aught I at preſent know, altogether prevented in ſome caſes.

Suppoſe, then, a man goes to bed, in his uſual ſtate of health, on the Monday night, but is diſturbed ſoon after midnight with a chilly fit, ſucceeded by a ſharp pain in his foot, with a conſiderable degree of heat; both which encreaſe every hour all day and all night on Tueſday, till about two o'clock on Wedneſday morning; when he is relieved by a gentle perſpiration, and a quiet, ſoundiſh ſleep of four, or five, or even ſix hours; then he wakes much refreſhed; and the heat, pain, tenderneſs, and reſtleſsneſs of the foot are the chief complaints now remaining.

In this ſituation I firſt ſee him, ſuppoſe about eleven o'clock on Wedneſday morning, and find that he has gone through a regular, perfect paroxyſm of gout; but upon

upon examining the tongue, it is not quite clean; nor is the pulſe quite calm; nor the ſkin ſo cool as it ought; nor the urine hypoſtatic. It is therefore a very conſiderable remiſſion, but by no means an intermiſſion; and hence you are pretty certain that it will return again at, or before two o'clock on Thurſday morning. What then remains to be done is, only to procure preſent relief, as far as may be done, with propriety, in this particular fever, which does not agree with plentiful evacuations of any ſort; and then to prepare for the return of the ſecond paroxyſm, which will come on in twelve or fourteen hours.

For theſe purpoſes I adviſe, 1. That the patient keep his bed. 2. That the part affected be put up in ſheeps wool, and then covered all over with an oil-ſkin, or lamb's-ſkin. 3. That a motion be invited, by throwing up a pint of gruel or broth by way of clyſter. And, 4. That he live on fluids only.

Now the proper fluids for a gouty perſon are ſmaller than wine, but ſtronger than water; ſuch are whey, made, *ſuppoſe*, of half a pint of ſack or good mountain, half a pint of water, and a quart of milk; panado, or ſago, or gruel with ſugar, and a gill of wine to every pint of liquor; or brown caudle, that is, gruel, with half a pint of beer to every pint of gruel.

On

On Thurſday I expect neither ſweat nor ſtool; indeed if they were to come, I ſhould not expect much relief from them, unleſs preceded by a very ſmart and painful paroxyſm: for Thurſday is the day of crudity and evacuation; and therefore diſcharges, on that day, are, in general, alſo crude and ſymptomatic only.

But on Friday I expect partial coction, and critical evacuation, with relief; and a better remiſſion than on Wedneſday preceding. After the remiſſion then has taken place, I order the body to be well covered; and, if there has been no ſtool, order the clyſter to be repeated, as ſoon as I think the ſalutary ſweat has had its effect.

If the patient has no objection to honey, I prefer it to ſugar on that day, becauſe it has a very diuretic quality, and I wiſh to encourage all the ſecretions and excretions on that day; but never to force any of them with violence, or beyond a few hours, for fear of moving crude matter, or at leaſt more than has been concocted by the preceding degree of fever.

And this muſt be obſerved in the gout, as well as in all other depuratory fevers; the ſalutary evacuations of every kind always come during the remiſſions, and always abate the violence of the ſymptoms; ſo long as they continue to be ſalutary they give

give relief, and the patient feels happy under them, and bears them patiently; ſo long then they ought to be encouraged; indeed it is madneſs to check them.

But as ſoon as the ſick perſon becomes uneaſy under any evacuation, with a conſiderable increaſe of quickneſs in the pulſe, great thirſt, anxiety, and faintneſs; then it is time gradually to moderate that evacuation, becauſe this change indicates that all the concocted matter is already evacuated; or at leaſt as much of it as will paſs, at this time, by that emunctory.

Now to moderate the evacuation gradually, requires ſome medical ſkill, as well as natural ſagacity. We know, *e. g.* that the moſt natural and ſalutary evacuation, during the whole cardinal fit of gout, is a gentle, breathing ſweat, which commonly begins very early in the morning, on the days of remiſſion, and ſeldom laſts beyond five hours, with advantage, in the early part of the diſeaſe; but we muſt be governed, not by the number of hours, ſo much as by the degree of relief, and the eaſe with which it is borne by the patient.

As ſoon, however, as the next exacerbation comes on, the ſweat ceaſes ſpontaneouſly, if no improper violence has been uſed to prolong it. But ſometimes towards the concluſion, the too great propenſity to

ſweat

ſweat continues all the time of the remiſſion, with much thirſt, reſtleſsneſs, and lowneſs; which always indicates a ſymptomatic diſcharge, and evacuation of crude matter; owing to bad practice in gouty habits; to much acrimony, and a relaxed ſtate of the ſolids; or debility, occaſioned by long confinement.

This ſymptom is beſt moderated, in the inflammatory fevers, by bleeding; and in the putrid fevers, by vomiting and purging. But theſe will not do in the caſe of gout; here we muſt be contented with a clyſter to waſh the lower part of the bowels; to reduce the warmth of the diet; to add lemon-juice to the ſippings; to diminiſh the bed-coverings above the middle of the body; to have the patient rubbed dry, and ſhifted, and ſet up in bed; and if all that ſhould not anſwer the purpoſe, he muſt be taken out of bed, and expoſed to the freſh air, with his knees, legs, and feet, well covered.

In the generality of ſimple regular fits of gout, theſe ſimple means are ſufficient during the firſt ſeven paroxyſms, or fourteen days of the cardinal fit; but in worn conſtitutions, and ſuch as are ſubject to faintings, purgings, and tedious fits, it may be often neceſſary, not only to ſhift the ſick, and ſet them upright in a chair, but alſo to move them into rooms more airy than their

uſual bed-chambers; and even into carriages, and the open air, although attended with much pain and trouble.

What I ſay of exceſſive ſweating on the days of remiſſion, I ſay of all the other ſecretions and excretions; care muſt always be taken to keep them within proper bounds. In all ſuch caſes, ſmall doſes of bark, and other reſtorative bitters, have been of ſervice, as ſhall be obſerved in the next Chapter.

The cardinal fit of a recent gout ſeldom exceeds ſeven paroxyſms, which are performed in fourteen days; but if proper care is not taken during the interval, that is, after the fit is over, the ſecond fit will require eleven paroxyſms, and the third fourteen paroxyſms, to clear the conſtitution: then it comes to twenty-one paroxyſms, or forty-two days; and with tolerable management, it may be confined to that ſpace for many years, like moſt of the other atrabilious, depuratory fevers.

But if the remote cauſes are continued that bred the diſeaſe originally, then the cardinal fits ſoon exceed twenty-one paroxyſms, and, perhaps in a year or two more, come to twenty-eight paroxyſms, or two months. Beyond this I have not been able to obſerve with accuracy; for the very long protracted

fits are irregular, ſometimes quartan, ſometimes quintan; ſeldom tertian.

The double tertian gout requires as many days as the ſingle tertian; ſo that the leſſer paroxyſms ſeem to do very little towards the operation of deſpumation. It ſeems to ariſe from great redundancy of gouty matter; or want of natural vigour; or unſkilful treatment; or all three together. It is therefore a favourable ſymptom when the leſſer paroxyſms go off, and the diſeaſe becomes a ſingle tertian; the exacerbations indeed become more ſharp, and the pain and ſwelling of the part more conſiderable; but the remiſſion becomes much longer, and ſooner comes to a real intermiſſion, and ſolution of the whole fit.

One unſeaſonable bleeding, purge, or forced ſweat, is very apt to turn a regular, ſimple tertian, into a double tertian; or into an irregular, protracted, ineffectual, ſingle tertian, of long duration.

SECTION XI.

Progreſs of the formed cardinal Fit explained.

BY a cardinal fit every body underſtands that gout and fever which comes every ſpring,

ſpring, or fall, to depurate an atrabilious conſtitution; to reduce the preternatural ſize of ſome of his organs, and evacuate many of his morbific humours.

The difference between a ſpring and harveſt gout, is much the ſame as the difference between a ſpring and harveſt ague, which ſhall be conſidered when we come to ſpeak of the complicated gout; the preſent intention is only to explain the nature and tendency of the fever in general; and the beſt mode of conducting it, ſo as to render it more ſhort and effectual for the purpoſe of depuration, without injury to the parts affected, or the conſtitution in general.

For all theſe *(deſiderata)* purpoſes the indications are chiefly four, *viz.* 1ſt, To bring the remitting fever to an intermittent. 2dly, To regulate the paroxyſms ſo as to render them effectual for the purpoſe of deſpumation. 3dly, To preſerve the parts affected, and the whole conſtitution from miſchief. And, 4thly, To prevent the formation of gouty matter in future.

1ſt, I have already given the beſt method of treating a paroxyſm of gout, from the beginning of the firſt exacerbation to the end of the firſt remiſſion; and to haſten the real coction of the morbific matter, or to turn the remiſſion into an intermiſſion,

little elſe will be neceſſary than time, a continuation of the ſame regimen, and confinement in bed, till the pulſe becomes moderate; the ſkin ſoft and cool; the body regular; and the urine hypoſtatic; which generally happens after the fourth paroxyſm, that is, on the eighth day; often much ſooner: whenever it does, the inflammation or violence of the fever is abated, and then the patient may be taken out of bed. Now this matter is of great conſequence, and not ſufficiently attended to by the generality of gouty patients or practitioners, having at preſent no rule to go by; I will therefore give it a ſhort diſcuſſion.

"But," ſays Sydenham, p. 502, ſec. 61, "notwithſtanding what has been ſaid of "the uſefulneſs of exerciſe in the paroxyſms "of the gout; yet, if the fever be ſo vio-"lent, in the beginning, as to confine the "patient to his room, it will likewiſe be "proper for him to keep his bed a few "days, till the pain abates; as the warmth "thereof will in ſome meaſure ſupply the "want of exerciſe; for lying conſtantly in "bed digeſts the morbid matter more effec-"tually in a few days, than ſitting up does "in many, eſpecially in the infancy of the "diſeaſe; provided that the patient can "forbear fleſh without faintings, and other

"bad

" bad ſymptoms; and be contented only " with water-gruel, ſmall beer, and the " like. For a perſon who has ſufficient, " and unbearable pain in his limbs, may " keep his bed, his life being ſecured by " the violence of the pain, which is the " moſt *effectual*, though ſharpeſt remedy " in nature.

" But if inſtead of pains in the limbs " an inveterate gout diſpoſes the patient to " faintings, gripings, a looſeneſs, and the " like ſymptoms, he is in great danger of " being deſtroyed by one of theſe fits, un- " leſs he uſes exerciſe in the open air, for " the moſt part of every day, during the " fits; without which no cordial or drug " can ſecure him from danger; not even " Canary wine, which is the beſt of all " cordials in this caſe."

Here, then, is the general rule, according to the experience of Sydenham, which, in our more modern, medical language, would run thus: If you have much pain in the extremities, and other ſymptoms of inflammation, in the beginning of the cardinal fit, and during the days of crudity, then keep your bed, and obſerve an antiphlogiſtic regimen for ſome days, which will greatly moderate your pain, and promote coction.

But if, inſtead of external pain and inflammation, you are oppreſſed with ſickneſs, faintings, and other ſymptoms of relaxation and putridity; then be carried into the open air, moved about in a coach for the greateſt part of every day, and drink Canary wine freely; which is preferable to any other wine in this caſe, as well as to theriac and the other cordial drugs; indeed, in all caſes of great debility and putridity, we know no remedy ſo effectual as current air, and cordial wines.

With regard to the proper hours of being up, and in bed, during the fits as well as in the intervals, Sydenham gives my ideas ſo exactly, that I will copy his words, p. 495, ſec. 52. "There is," ſays he, "another caution to be inculcated, which, "though it may ſeem trifling, is of great "moment, both to digeſt the gouty matter "during the fit, and alſo to prevent the "generation thereof in the intervals; and "that is, going to bed early, eſpecially in "winter: for next to bleeding and purging, nothing impairs the ſtrength *of gouty "people* more than ſitting up late a-nights; "which every valetudinarian can affirm "from his own experience, provided he "has only carefully obſerved, how much "more vigorous and chearful he roſe in

"the

" the morning when he went to bed early,
" and how languid and faint he has found
" himſelf after ſitting up late.

" And though there may ſeem to be no
" difference betwixt going to bed earlier
" or later, provided a perſon lies in bed
" the ſame number of hours; as for in-
" ſtance, whether he goes to bed at nine
" and riſes at five, or at eleven and riſes
" at ſeven; yet it is not ſo: and I conceive
" for this reaſon principally, that in the
" day the ſpirits are diſſipated, either by
" exerciſes of the body or mind, which are
" ſo weak, in ſickly perſons, that they re-
" quire the aſſiſtance of ſleep earlier in the
" evening; and as the approach of night
" occaſions a kind of relaxation of the
" animal œconomy, the tone of which was
" kept up in the day by the heat of the
" ſun, the warmth of the bed becomes ne-
" ceſſary to ſupply the place of the ſun,
" eſpecially in the winter ſeaſon.

" But the ſpirits being refreſhed and in-
" vigorated in the morning by the pre-
" ceding night's ſleep, together with the
" warmth of the bed; and the enſuing day
" likewiſe ſtrengthening the tone of the
" parts ſtill more, the riſing early at this
" time, though it may take an hour or
" two from the morning ſleep, hurts the
" conſtitution leſs than ſitting up an hour

" or two later in the evening. For this " reaſon, I would adviſe ſuch as are ſubject " to the gout to go early to bed, eſpecially " in the winter, and to riſe by times in the " morning; though their having had leſs " ſleep than uſual may incline them to lie " longer, in order to get it up: for the " ſleep which is got in the morning will " rob them of as much the next night; " and thus at length by doing violence to " nature, and deſpiſing its wiſe dictates, " the night may be prepoſterouſly turned " into day, and the day into night."

2. By a continuation of this treatment, the gout will ſoon come to intermit, with every ſign of coction, and abſence of fever on the well days; then we are to conſider how we ought to conduct theſe paroxyſms ſo as to render them effectual for the purpoſe of deſpumation; and for this reaſon an exact journal muſt be kept of each exacerbation, its degree and duration; the degree and duration of the ſweat and other critical diſcharges on the days of intermiſſion, and the effect of each fit with regard to the ſpirits, ſtrength, appetite, and former complaints of the patient; juſt as has been ſaid in the Chapter on the ague, in the firſt volume of my Obſervations on Fevers; excepting only the bleedings, frequent vomits, and purges, which are more frequently

quently neceſſary in the ague than gout, though ſeldom in either after intermiſſion.

To form ſome idea of this ſtage of the diſeaſe, one ought to conſider, that the whole exacerbation and remiſſion are performed in the ſpace of forty-eight hours; that in the beginning the exacerbation is much longer than the remiſſion, indeed the remiſſion is for a few hours only; that gradually the exacerbation becomes ſhorter and ſhorter, till at laſt it is ſucceeded by a perfect intermiſſion; that after this the exacerbation is, or ought to be, ſenſibly ſhorter than the intermiſſion; and that the intermiſſion ought to lengthen gradually every paroxyſm, by ſome hours; till at laſt there is an end of all exacerbation, or a perfect ſolution of the fit.

But during the continuation of the fit, one muſt conſider, that there is a quantity of crude matter to be concocted and evacuated; that every exacerbation concocts ſome of it, which ought to be exactly evacuated by the ſucceeding diſcharges, during the beginning of the remiſſion; after which the ſpirits and body are to be nouriſhed and refreſhed, to enable them to perform the next exacerbation with power and ſufficient effect.

The fever, then, muſt not be reduced below a certain ſtandard; nor the critical evacuation

evacuation puſhed beyond a certain degree. The quantity and quality of nouriſhment ought to be in proportion to the appetite and digeſtion of the patient; neither too much, nor too ſcanty. The operation of feeding the ſick muſt be entered upon ſoon after the intermiſſion begins, that the digeſtion of the food may be pretty well over before the hour the fever is expected, that nature may not be oppreſſed with concocting victuals at the ſame time, when all her powers are called forth to concoct morbific matter.

The firſt thing in this, as in all depuratory fevers, is to aſcertain, with preciſion, the degree of inflammation; or, on the contrary, of the putrid *diatheſis*; and this is not difficult for men who have ſtudied fevers, with due attention, for many years, although it muſt for ever remain beyond the level of the ignorant. According to this, the whole regimen muſt be regulated throughout, and varied as the caſe may vary; being rendered more or leſs antiphlogiſtic, or antiſeptic *(pro re nata)*, by adding lemon juice, beer, wine, or brandy, as the ſymptoms indicate; ſo as to correct the morbific diſpoſition of the humours, by a diet ſuited to the particular conſtitution of each patient, his former complaints, and uſual mode of living.

All the general rules that can be given are, 1. That the quantity of nouriſhment ſhall be in proportion to the quantity of the evacuations. 2. That the quality of the food ſhould be in proportion to the degree of *(apyrexea)* the abſence of fever; that is, the leſs fever, the more rich ought the diet to be. And, 3. The chief meal ſhould be taken ſoon after the critical evacuations, that the digeſtion of it may be pretty well over before the fever comes on.

1. By a due attention to theſe rules, a judicious perſon will eaſily conduct the whole fit, ſo as to concoct the whole gouty matter, and finally evacuate it, without any injury to the conſtitution, even if it ſhould prove very tedious; obſerving only, that the quality of the food muſt be made antiphlogiſtic, or antiſeptic, according to the *diatheſis* and ſymptoms.

2. When the body was groſs, and loaded with crude humours, ready to ſtagnate in every quarter; that is, during the *terrentia*, it was neceſſary to increaſe the quantity of wine, and make the diet thin, light, warm, and ſtimulating, in order to attenuate the groſs humours, and excite the organs to coction, &c. But towards the end of the cardinal fit, after the groſs humours have been concocted and expelled, and nature has been fatigued and exhauſted by the conflict,

conflict, a more ſoft and reſtorative diet becomes neceſſary, in order to recover the uſual health and ſtrength of the patient, and make his fibres plump and elaſtic; for nothing that reduces the ſtrength, that ſoftens the fleſh, or increaſes the big belly, will ever agree with a gouty perſon.

3. With regard to the parts affected, more attention has been paid to them than the caſe required; 1ſt, by ſome who have been impatient of pain; and, 2dly, by others who have expected more from the diſcharge from thoſe parts than they are intended to perform; we will therefore conſider both. The pain of the gouty ſwelling is very ſharp, eſpecially in the beginning of an effectual fit; but one ſhould conſider, that his ſecurity is in proportion; for ſo long as the pain is conſiderable in the extremities, he is free from danger; and on the contrary, much advantage is not to be expected from a fit of gout when the pain is trifling: he had better therefore bear with the pain, and ſuffer the ſwellings to take place; for the more morbid matter, which nature depoſits in thoſe parts, the eaſier can ſhe concoct and diſpoſe of the remainder; and the ſooner will the fever come to an intermiſſion.

This mode of depoſiting a conſiderable part of the offending matter upon the joints,

joints, till the remainder can be properly diſpoſed of, is a common expedient, which nature makes uſe of on many occaſions, when ſhe is oppreſſed by the redundancy of morbific humours. Thus, in the confluent ſmall-pox, after the eruption has been completed, the firſt depoſite is on the head, and round the face, jaws, and neck; gradually as they ſubſide the hands and arms begin to ſwell; as ſoon as theſe ſwellings abate, the feet and legs ſwell, or ought to ſwell; and according to the regularity and degree of theſe ſwellings, we judge of the ſafety of the patient. I have often been at a loſs, and unable to account for this phænomenon, and what finally became of this vaſt quantity of matter, which could not paſs through the ſkin, now become dry and hard.

As long as theſe ſwellings remained very conſiderable, the fever was moderate and regular, and things went on well; but if any ſudden ſweat, or other violent evacuation, reduced theſe ſwellings, before the remainder of the morbific matter had been diſpoſed of, ſymptoms of danger ſoon appeared; on the contrary, if theſe ſwellings, eſpecially of the feet, continued till the ſecondary fever was ſubſided, the patient recovered with little ſuffering or bad conſequence; and always the better, the more

gradually

gradually the ſwellings abated, even after the fever was, *in a manner*, gone off.

Sometimes, about the concluſion of the fever, a ſmart purging in infants, or a ſalivation in adults, carried off the ſwelling; and many eſcaped by theſe means. But they always did beſt, in whom the ſwellings continued till the whole diſeaſe was quite over, and then diminiſhed gradually.

I have often obſerved ſomething of the ſame ſort, in a variety of fevers, where nature has made depoſits upon the extremities, with great relief, when the quantity of morbid matter was greater than could be otherwiſe diſpoſed of; there it remained, out of the courſe of circulation, for a time, till the remainder of the morbific matter was concocted and expelled: then the depoſited matter, which had undergone ſome digeſtion in the parts where it had ſo long remained, was now gradually reabſorbed; and being further concocted and prepared, was evacuated alſo, and health finally reſtored.

I do not mean to inſinuate that the gouty matter is, in its own nature, very malignant; for the matter of the gout is indigenous, and not at all ſo virulent as the extraneous poiſons of contagious diſeaſes. But ſtill we find that the premature reabſorption of gouty matter, and ſtill more the repelling

repelling it from the extremities, is attended with dangerous ſymptoms, by overwhelming nature (already oppreſſed) with this additional quantity of crude matter.

In my opinion, the matter depoſited on the joints, in the beginning of the fever, is intended to be left there, and put, as it were, to one ſide, out of the common courſe of circulation; and there it ought to remain till, 1ſt, the remaining matter is concocted and expelled; 2dly, the more volatile, acrid, and ſubtile part has found its way through the ſkin; and, 3dly, the groſſer part has undergone a certain degree of digeſtion, been gradually attenuated, and diluted by the mixture with other ſounder juices; and thus prepared for reabſorption by little and little at each time, *(reprise)* and in that quantity only which the digeſtive powers of the organs are well able to concoct and diſpoſe of, without much ſtruggle; and I am the more confirmed in this idea by an obſervation which I have lately made in ſeveral caſes: *viz.*

In the beginning of the fit, when the fever run very high during the night, I found the affected joints ſwelled in proportion on the following morning; a demonſtration that the night fever had thrown a quantity of morbid matter out of the general maſs of humours, on theſe joints; and

and this ſwelling increaſed after each paroxyſm, for a certain time. But after the diſeaſe had laſted a conſiderable length of time, and the fever had declined very much; then the ſwellings begun to ſubſide, and moſt ſo after an uneaſy night; as if the uneaſy night had been occaſioned by the reabſorption of ſome part of the depoſited matter, now returned into the blood, and there further concocted, to be expelled through the common emunctories.

In conſidering this matter ſeriouſly, it appeared to me, that in the beginning it was proper to facilitate the ſwelling of thoſe parts, to a certain degree, ſo long as nature ſeemed diſpoſed to eaſe herſelf that way; during which time it was alſo proper to keep the ſkin of thoſe parts ſoft and open, to ſuffer the more volatile, acrid part to eſcape: but as ſoon as the fever was ſenſibly abated, and the ſwelling of the parts rather ſubſided; then it became neceſſary to moderate the perſpiration of thoſe parts, for fear of taking away all the thinner juices, and leaving the more thick to concrete; by which the future reabſorption might be rendered difficult, or even impracticable. But as ſoon as the whole fit was over, and nothing remained but the ſwelling, ſtiffneſs, and great tenderneſs of the affected joints; then, and not till then, I judged

judged it proper to attenuate the remainder of the matter in the articulations, and promote the reabſorption of it.

To anſwer theſe purpoſes, as ſoon as the parts begin to feel tender and painful, I direct them to be done up in ſheeps wool, and then covered with oil ſkin, lamb-ſkin, or bladders; or any thing that can confine the natural exhalation, ſo as to keep the part in a conſtant, warm, moiſt, vapour-bath, day and night; which gives a great deal of eaſe, and facilitates the ſwelling of the joints.

As ſoon as the intermiſſion takes place, with the real ſymptoms of coction, then I deſire to remove all theſe coverings, and put on freſh wool, with flannel inſtead of oil-ſkin; which does not confine the ſteam, and of courſe does not ſo much encourage the tranſpiration. I order ſome of this wool to be taken away every day, and in a ſhort time nothing remains but the flannel only; then I order the flannel covering to be thinned every day gradually; and thus, by degrees, come to a worſted or lamb's-wool ſtocking; which ought to be continued, even in the intervals.

As ſoon as the whole fever is gone off, I recommend moving the affected joints as much as may be; and ſo wonderful is the attenuating power of this kind of motion,

that I have ſeen it reſolve real concretions, and render them fit for reabſorption; and the ſame joint made pliable, that at firſt ſeemed paſt recovery, without any external application.

4. The laſt thing propoſed, was, the beſt method of reſtoring the general ſtate of health, and preventing a return of the fit; but of this I have already given my opinion in the third Chapter, to which I refer.

And thus I have given my idea of the natural, regular fit of ſimple gout; in which I have been much more tedious than I intended, and been guilty of repetitions, for fear of not being well underſtood by people unaccuſtomed to accurate obſervation, and intenſe thinking. The nature and progreſs of the ſimple fit being well underſtood, it will be more eaſy to explain all the deviations from it; whether owing to natural debility, wrong treatment, or other diſeaſes; which is ſtill more intricate, and will require more medical knowledge, as we ſhall ſee in the next Chapter.

RECA-

RECAPITULATION.

IT is very certain that, *cæteris paribus*, the labouring people, when ill, recover ſooner and better than the opulent and luxurious; and that medicine is adminiſtered with more ſucceſs in hoſpitals than in private practice; although the opulent may be ſuppoſed to have many advantages in their favour. The reaſon however is obvious; for the ſober labouring man has by nature a ſolid conſtitution, which co-operates powerfully with proper remedies for the recovery of his health; whereas the conſtitution of the man of faſhion is ſo injured by his mode of living, that his natural powers are but feeble, and his diſeaſes often complicated.

The heir of a great eſtate is confined to ſtudy when young, and brought up with ideas of vanity, pride and ambition; he enters early into the ſcramble for honours, power and riches, where he is for ever expoſed to anxiety, vexation and diſappointment. Theſe heavy mental concerns debilitate his nervous ſyſtem ſo much, that nothing can preſerve his health, but the utmoſt regularity, temperance, and bodily exerciſe in an open good air.

But unhappily the young gentlemen of fortune are in danger of adopting an oppoſite

courſe of living, and becoming voluptuous, luxurious, indolent and intemperate; by which their ſolids are relaxed, and the humours inſpiſſated; and of courſe they contract that temperament, ſo well known to the luxurious Greeks and Romans of former days; and by them called *melancholic*, or *atrabilaric*, the ſource of many painful and obſtinate diſeaſes.

This temperament, ſo produced, is communicated to the offspring, if not prevented by ſkill and care in rearing the children: hence the great increaſe of it, and of the diſeaſes ariſing from it, in our time.

It is not a very difficult matter to prevent the formation of this temperament; nor even to remove it, if one ſets ſeriouſly about it, before the conſtitution is much injured by age, infirmity, or great intemperance: But if it is neglected, and ſuffered to become inveterate, it brings on a great variety of the moſt uneaſy feelings of mind and body; often difficult to be removed without the aid of a depuratory fever.

The febrile complaints occaſioned by the atrabilious temperament are in number ſix, viz. The atrabilious fever, remittent or intermittent; the atrabilious diarrhœa, ſeldom a dyſentery; the peripneumonia notha; the piles; the guttæ roſaceæ; and the gout. As all theſe febrile complaints originate

nearly from the ſame remote cauſe, they all operate for the ſame purpoſe of depurating the conſtitution; but require ſome variation in the treatment, according to the organ on which the fluxion is determined: very often indeed I meet with two or more of them in the ſame perſon, at the ſame time; cough and piles; guttæ roſaceæ and gout, &c.

The ſame perſon is liable to have every one of them at different times, according to the different ſtages of life; thus, *e. g.* the ſame Mr. Gomz whoſe caſe I have given, to explain the termination of the atrabilious fever, has, ſince that time, had all of them in regular ſucceſſion, and is now a gouty man, advanced in life; but enjoys a conſiderable ſhare of health and vigour, and promiſes to arrive at mature old age.

The cure of the atrabilious temperament by medicine, is to be attempted only when there is no fever; for as ſoon as the fever comes on, nothing very active ought to be given, either to hurry or retard; but the operations of nature are to be gently aſſiſted, and directed ſo as to depurate the conſtitution.

Of the firſt five atrabilious fevers, I have given my ideas in my former Obſervations on fevers; I at preſent confine myſelf to the gout only; and have pointed out in the firſt

chapter

chapter how it originates; in the ſecond, how it may be prevented; in the third, how it may be cured when recent; and in the fourth, how the formed, regular, cardinal fit of gout ought to be conducted, and when the radical cure may be attempted. In treating this ſubject, I have conſidered the common ſymptoms which immediately precede a formed fit of gout; *i. e.* the *terrentia*; the ſymptoms which diſtinguiſh the gout from all other diſeaſes; the effect of evacuations in gouty habits; the proper and improper regimen; and finally, the few remedies, which, in the courſe of my own practice, I have found ſerviceable during the whole cardinal fit.

Theſe things being well underſtood, it will be more eaſy to comprehend the nature of irregular gout; which I propoſe to explain, if it ſhould pleaſe God to continue my life and faculties; whether ariſing from debility, or the addition of other diſeaſes.

Lime-Street,
Dec. 20, 1780.

FINIS.

BOOKS written by Dr. GRANT.

1. Obſervations on Fevers common and uncommon, in two Volumes. Price 10s.

2. An Eſſay on the Peſtilential Fever of Sydenham, commonly called the Gaol, Hoſpital, Ship, and Camp Fever. Price 3 s. ſewed.

3. A ſhort Account of the Epidemic Cough and Fever. In a Letter to Dr. Delacour at Bath. 1776. Price 6 d.

4. A ſhort Account of a Fever and Sore-throat, which began to appear in and about London, in Sept. 1776. In Letter to Dr. William Saunders of Guy's Hoſpital. Price 1 s.

5. Origin and Progreſs of the Atrabilious Conſtitution and Gout. 1779. Price 1 s. 6 d.